



## Family Support Services

### Sunflower Community Resource Program

Located in Gibbons, the Sunflower Program is a free and confidential information and referral program that is offered through a partnership with Gibbons, Sturgeon County, Bon Accord, Legal, Morinville, Redwater and the Sturgeon School Division.

Call, email or visit the Centre to:

- Learn how to obtain assistance with a personal or family issue;
- Get support tackling an issue—we can listen and suggest what might be an effective first step;
- Connect with a local agency or organizations;
- Learn about upcoming events or community celebrations;
- Obtain information or publications from our resource library; or
- Notify us on an upcoming program, service or community event.

For more information contact Sunflower Community Resource Program at 780-923-2374 or on the web: <http://www.sunflowerinfo.ca/>

### Counselling Services

Some people can solve problems on their own, but often outside help makes the difference between resolving things quickly or going through a long period of struggling—a period where people are unable to be themselves at home or work.

A partnership with Fort Saskatchewan FCSS, this service offers individuals, couples and families' affordable professional counseling when personal problems arise.

Typical concerns are relationship issues, marriage or family conflicts, financial or legal worries, and emotional difficulties.

No referral is necessary to initiate counseling services. A subsidized fee for services is charged, using a sliding fee scale based on family income for Fort Saskatchewan, Bruderheim, Gibbons, Lamont County and Redwater residents. **All FCSS counseling services are confidential.**

To book an appointment call: 780-992-6267  
or toll free at 1-866-992-6267 during office hours  
Monday - Friday 8:00 am - 4:30 pm.



## Family Literacy

Sturgeon Family Literacy provides free programs for families in the Sturgeon area including the communities of Gibbons, Bon Accord, Legal, Morinville and Redwater through funding from Alberta Enterprise and Advanced Education.

**The Building Blocks Program** is an in-home support program for families with children 0-6 years of age. Building Blocks supports parents in their role as their child's first and most important teacher. A trained "Literacy Builder" shares ideas about language development, learning, and reading with parents in their own home, once a week for 15 weeks. Builders provide parents with a variety of tools, strategies and ideas that tap into everyday activities to promote literacy development and create a literacy rich environment at home.

This program is designed for families:

- Who are concerned about their child's learning development;
- Where transportation is not available to get to a program;
- Where childcare is a concern;
- Who want to learn more about other services available to them in their community;
- Who want more strategies to help cope with and manage their child's behaviors and routines;
- Who are dealing with added stressors in their lives.

**Rhythm & Rhyme Family Time** is a facilitated group of families meeting once a week for 10 weeks to sing songs, tell stories, play, share information and support one another. This interactive program is designed for parents and/or caregivers of children ages 0 – 3 years. The atmosphere is relaxed and there is time for socializing before and after teaching. The teaching is directed at the parents with the children joining in, playing or napping. Childcare is usually provided for children who wander out of the circle. Sitting in a circle on the floor, parents learn rhymes and songs that lead naturally to holding, touching and bouncing the children.

For more information contact Sturgeon Family Literacy at 780-578-3331 or on the web:

<http://www.sturgeonadultlearning.ab.ca/FamilyLiteracy/tabid/825/Default.aspx>

## Adult Literacy

Sturgeon Adult Literacy provides a free confidential service of one-on-one tutoring for adults who wish to improve their literacy skills. They can help you improve basic skills such as: balancing a cheque book, figuring out the GST, writing, spelling, reading and computer skills.

The Literacy Program is always looking for volunteer tutors and will provide in-house training and materials.

For more information or to volunteer, contact Sturgeon Adult Literacy at 780-578-3331 or on the web: <http://www.sturgeonadultlearning.ab.ca/AdultLiteracy/tabid/705/Default.aspx>

## Family Violence

The Sturgeon Region Family Violence Prevention Program (SRFV) provides a prevention program for both men and women who have experienced domestic and family violence.

The Sturgeon Region Family Violence Prevention Program is a collaboration of services within Sturgeon County and surrounding areas. Partners are: Victim Services, RCMP, Child and Family Services, Family Community Support Services, Alberta Health Services: Mental Health & Addictions Services, Community Corrections (Probation) and the Stop Abuse in Families Society.

The program has serves individuals and families from Gibbons, Morinville, Sturgeon County, Legal, Redwater, Bon Accord, Namao, St. Albert, Ft. Sask., Alexander First Nations, Westlock, Barrhead, Wetaskineau, and Onoway.

For more information about the Sturgeon Region Family Violence Prevention Program find us on the web: <http://familyviolenceprogram.webs.com/>

## Early Childhood Development

The Early Childhood Development Initiative (ECDI) is a region-wide program serving residents of Gibbons, Sturgeon County, including Bon Accord, Morinville, Redwater, Legal and Edmonton Garrison, that assists eligible families with children 0 to 6 years to access early childhood development programs. Subsidies are available for eligible families experiencing financial barriers.

If you have questions or want to access the ECDI programs for your child, please contact 780-939-4321 ext. 206 or toll free at 1-866-939-9303 or on the web:

<http://www.sunflowerinfo.ca/Sturgeon-ECDI>

## Family School Liaison

The Family School Liaison Program offers confidential, preventative counselling and referral services at no cost. This program is available for school age children and their families that either live in Sturgeon County or are enrolled in the Sturgeon School Division. Families may call about any concerns they may be facing at home or at school.

To contact a Family School Liaison Worker, please call 780-939-4321 or toll free 1-866-939-9303.